

Health & Wellness

GROUP EX

December 2024

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45– 6:30 AM YOGA & PILATES FUSION Kim / STUDIO 2	5:45 – 6:30 AM BODYPUMP EXPRESS Sue / STUDIO 1	5:45 – 6:30 AM POUND Kim / STUDIO 1	5:45 – 6:30 AM BODYPUMP EXPRESS Kim / STUDIO 1	5:45 – 6:30 AM STEP AEROBICS Sue / STUDIO 1	8 – 9 AM CYCLE Rotating / STUDIO 4	9 – 9:45 AM ZUMBA® Giovanna / STUDIO 1
8 – 8:50 AM YIN YOGA & MEDITATION Sam / STUDIO 2	6 – 6:45 AM WATER AEROBICS Christina / REC POOL	8 – 8:45 AM ZUMBA® Giovanna / STUDIO 1	5:45 – 6:30 AM CYCLE EXPRESS Dave / STUDIO 4	8 – 8:50 AM YIN YOGA & MEDITATION Claire / STUDIO 2	9 – 10 AM ASHTANGA YOGA Jan / STUDIO 2	9:30 – 10:30 AM HATHA YOGA Jim K / STUDIO 2
8 – 8:45 AM FOREVER FIT Jourdan M / STUDIO 1	8 – 8:45 AM FOREVER FIT Sue / STUDIO 1	8 – 8:45 AM FOREVER FIT YOGA Paula / STUDIO 2	8 – 8:45 AM FOREVER FIT Jourdan M / STUDIO 1	8 – 8:45 AM FOREVER FIT Diana / STUDIO 1	9:30 – 10:30 AM ZUMBA® Deanne / STUDIO 1	10 – 10:45 AM AQUA ZUMBA® Giovanna / LAP POOL
9 – 9:45 AM CARDIO KICKBOXING Jordan H / STUDIO 1	9 – 10 AM ALIGNMENT YOGA Sara A / STUDIO 2	9 – 9:50 AM MAT PILATES Ronna / STUDIO 2	9 – 10 AM VINYASA YOGA Ellen / STUDIO 2	9 – 10 AM BARRE Jordan / STUDIO 2	10:15 – 11:15 AM BARRE Kathi / STUDIO 2	10 – 11 AM BODYPUMP Rotating Instructor STUDIO 1
9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike D / MULTI-PURP. A	9 – 9:50 AM STRENGTH CIRCUITS Rachel / STUDIO 1	9 – 9:45 AM H.I.I.T. Rachel / STUDIO 1	9 – 9:50 AM STRENGTH CIRCUITS Rachel / STUDIO 1	9:45 – 10:30 AM SILVER SNEAKERS® CLASSIC Mike D / MULTI-PURP. A		11 – 11:45 AM CYCLE EXPRESS Diana / STUDIO 4
10 – 10:45 AM WATER AEROBICS Jordan H / LAP POOL	10:30 – 11:15 AM CHAIR YOGA Ellen MULTI-PURP. A	9:45 – 10:30 AM SILVER SNEAKERS™ CLASSIC Mike D / MULTI-PURP. A	10:30 – 11:15 AM CHAIR YOGA Ellen MULTI-PURP. A	10 – 10:45 AM WATER AEROBICS Mike L / LAP POOL		
10 – 11 AM POWER VINYASA Lisa / STUDIO 2 NEW !!		10 – 10:45 AM AQUA ZUMBA® Giovanna / LAP POOL		10 – 11 AM OULA DANCE Ella / STUDIO 1		
		10 – 10:45 AM BARRE Debi / STUDIO 2		10:30 – 11:30 AM FELDENKRAIS Maggie / STUDIO 2		
					FITNESS CENTER HOURS MONDAY–THURSDAY • 5:30 AM–10 PM FRIDAY • 5:30 AM – 6 PM SATURDAY & SUNDAY • 7 AM – 6 PM	
					QUESTIONS? Contact Jordan at jordanh@minnesotajcc.org	
					<i>\$\$ Fee Based Class: Registration Required</i>	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NOON – 1 PM HATHA YOGA Daniel / STUDIO 2	NOON – 12:50 PM MAT PILATES FOUNDATIONS Libby / STUDIO 2	NOON – 1 PM VINYASA YOGA Jacqui / STUDIO 2	NOON – 1 PM VINYASA YOGA Paula / STUDIO 2	NOON – 12:50 PM MAT PILATES STRETCH & STRENGTH Libby / STUDIO 2		4:30 – 5:30 PM YIN YOGA & MEDITATION Lisa / STUDIO 2
NOON – 12:45 PM POWER STRENGTH Debi / STUDIO 1	NOON – 12:30 PM CARDIO EXPRESS 12:30 – 1 PM CORE EXPRESS Debi / STUDIO 1 NEW !!	NOON – 12:45 PM POWER STRENGTH Debi / STUDIO 1	NOON – 12:30 PM CARDIO EXPRESS 12:30 – 1 PM CORE EXPRESS Debi / STUDIO 1 NEW !!	4:45 – 5:30 PM CYCLE EXPRESS Lauren P / Studio 4		
4:45 – 5:30 PM AQUA ZUMBA Eli / LAP POOL	1:15 – 2 PM AQUA FOR ARTHRITIS Bob / REC POOL	4:30 – 5:20 PM POWER VINYASA Ginny / STUDIO 2	4:30 – 5:20 PM MAT PILATES FUNDAMENTALS Mariusz / STUDIO 2			
5 – 5:50 PM BALLET FOR ALL Jess / STUDIO 2	2:45 – 3:30 PM SILVER SNEAKERS CHAIR EXERCISE Bob / MULT.-PURP. A	5 – 6 PM CYCLE Mike D / STUDIO 4	5 – 5:50 PM STRENGTH & CARDIO Sue / STUDIO 1			
5 – 6 PM CYCLE Mike D / Studio 4	4:30 – 5:20 PM YOGA FOR BONE HEALTH Ellen / STUDIO 2	5:30 – 6:20 PM ZUMBA@ Drina / STUDIO 1	5:30 – 6:30 PM RESTORATIVE YOGA Lisa / STUDIO 2			
5:30 – 6:20 PM OULA DANCE Leah / STUDIO 1	5 – 5:50 PM STRENGTH & CARDIO Jim O / STUDIO 1	5:30 – 6:20 PM BARRE Elizabeth / STUDIO 2	6 – 6:50 PM STEP / STEP + SCULPT Drina & Sarah S / STUDIO 1			
6 – 7 PM VINYASA YOGA Jeannie / STUDIO 2	5:30 – 6:30 PM YOGA Ellen / STUDIO 2	6:30 – 7:30 PM BODYPUMP Sandra / STUDIO 1	6:45 – 7:35 PM BEGINNER BALLET FOR ALL Jess / STUDIO 2			
6:30 – 7:30 PM BODYPUMP Bridget / STUDIO 1	6 – 6:50 PM POUND Jeni / STUDIO 1	6:30 – 7:30 PM GENTLE YOGA Emily A / STUDIO 2 NEW !!	7 – 7:45 PM WATER AEROBICS Christina / LAP POOL			

FITNESS CENTER HOURS
MONDAY – THURSDAY • 5:30 AM – 10 PM
FRIDAY • 5:30 AM – 6 PM
SATURDAY & SUNDAY • 7 AM – 6 PM

QUESTIONS?
Contact Jordan at
jordanh@minnesotajcc.org

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